

ATHLETIC JOURNAL

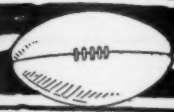
Vol. 2 No. 1

SEPTEMBER, 1921

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PUBLISHED BY
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Champaign, Illinois



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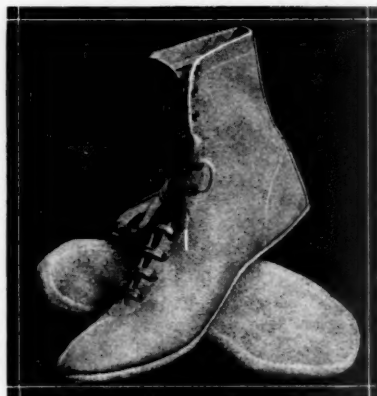
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The ATHLETIC JOURNAL

Vol. II

CHAMPAIGN, ILLINOIS

No. 1

HOW TO PLAY QUARTER-BACK

BY

ELMER Q. OLIPHANT

Lieutenant of Cavalry, United States Military Academy

Lieutenant Oliphant was Western Conference Half-Back in 1911 and 1912, All-Western Half-Back in 1913 and 1914, and All-American Half-Back in 1915, 1916, and 1917. He is the only graduate of the United States Military Academy who has ever received the two annual sabres, viz., the Edgerton Sabre and the Army Athletic Sabre. He won four letters in football, basketball, baseball, and track at Purdue, and also at the United States Military Academy.—EDITOR'S NOTE

Offense

The quarter is the General of the game. It is he who plans to attack. It is he who watches the opening and closing of the opponent's defense, smells out the weaknesses and the strong points, and at the desired opportunity, it is he who calls the scoring play. He plans for the opportunity and then scores. The quarter in the game of football is in the same status as a commander in battle.

Confidence

Not only must he be a good General in strategy, but he must also know how to handle the ball. Except in the "direct pass," the quarter must handle the ball and give it to his backs. The importance of his work, it is, therefore, impossible to overrate. He is the main cog around which the whole machine is built. He must have above all, the qualifications of brains and agility usually attributed to that position, and a hopeful or sanguine disposition. He must have confidence in his center, himself, and, most of all, he must have confidence in the man to whom he passes the ball. He should always believe that the play will be a success and must instill this belief into his men by actions and word of mouth. The way a quarter "barks" his signals has a great deal to do with "keying" up the backfield to the "pressure" pitch. The "barking" of signals seems to tell that individual half-back, who is to carry the ball, that the quarter has the utmost confidence in him and that he KNOWS that the distance WILL be made. That is what a team wants—CONFIDENCE. There is nothing that makes back-field men fumble so badly, get into such awkward positions, start so slowly, and withal, play so half-heartedly, as the feeling that the quarter does not think much of them, does not trust them, or believe in their abilities. On the one hand, a quarter who has confidence in a back always calls on him at a critical moment; on the other, a back who knows that he has the confidence of the quarter will perform when he is called upon for that crucial test. He knows that the quarter expects it and so he succeeds. And again, the confidence between

the backs and the quarter reflects upon the whole team, so that they all work in unison and harmony, putting everything they have into each play.

Every half-back can tell the same story—how he is nerved up by the confidence of the quarter, waiting expectantly, yet calmly, for his signal, and what an inspiration it is to good work to see that confident look in the eye or a slight smile playing about the lips of the man who is about to pass to him. But not alone in the work of the half does it make a great difference, but in that of the quarter himself, when he lacks confidence in his men; when he is not sure just how the play will be executed, his passing is unsteady and erratic as well as slow. He allows the opponents a far better chance of shifting through before he can get started, both by irregular and slow passing, and also by a nervous looking at them before the ball is played.

Handling and Passing

In practice, great stress should be laid on quick handling and sharp passing of the ball. A quarter can never do too much handling of the ball. He should practice and practice, so that he understands the passing from the center, and then practice until he can pass it to his back-field just where they desire it. The ball is the most precious thing he has while on the offensive and can not be lost.

A quarter can never do any faster work than that which he does in practice without throwing his men completely out. A quarter should always be on the center's heels at the end of play, watching his opponents and calling signals.

In the old days, there were signals between quarter-backs and their respective centers, but now the "snap-signal" has done away with those.

The speed of a quarter's work depends upon his ability to take the ball from his center and then to get into position for a pass.

In working up underneath his center, the quarter should not work from one side all the time. He should work from either side, squatting down upon his heels, or kneeling upon one knee (the knee farthest from the center). He should also practice taking the ball from directly behind the center. Practice should also be done close up under the center and then back a few feet; at the same time he should practice taking the ball directly into his hands and then fake as if he is passing it to a half. This is when he is working alone with his center. A few minutes each afternoon should be given over to this work alone—just he and his center, going a few steps ahead at each passing of the ball.

Above all things, a quarter should never give away when the ball is to be snapped. Some quarters have the unfortunate habit of keeping their fists closed, and opening them as a signal for the ball, or ducking a little just as the ball is snapped. A big roving center will murder such a man. He will be over the line and sprawling all over the quarter and the ball will be either underneath the two or a fumble occurs. Mostly

the latter after the center has dropped on to the quarter a couple of times for the quarter will be watching the opposing center rather than the ball.

In merely handing the ball to a runner, one might suppose that there would be no particular position in which the ball should be held; but in that he would be in error, for a ball so handed to a passing runner, as not to settle properly in his arms or hands means in many instances a disastrous fumble, or at best a slowing up of the runner's speed. In giving the ball to a man coming in close for a line drive, it should be held free and clear of the quarter's body, the major or long axis of the ball parallel to the receiver's shoulders. The ball is planted in the runner's stomach with one hand and this hand in the center of the ball. The receiver's elbow nearest the quarter is raised and the other elbow is down. As soon as the ball is planted, he immediately clamps on to it, one forearm above and one forearm below the quarter's hand. As soon as the quarter feels that the ball is secure, he releases his hand. This, of course, is almost instantaneous. For example—a half-back is coming through his *own* right guard. The ball is snapped. The quarter faces to *right* and slaps the ball with his *left* hand into the back's stomach under the half-back's *left* elbow, which he has raised. As soon as the ball is planted, the back lowers his *left* forearm on the top part of the ball, while his right forearm encases the lower. The quarter then releases and the back smashes through, changing the ball, as soon as he clears to either arm depending upon the direction in which he desires to reverse the field.

If the half-back goes on a wide slant or on an end run, then the quarter should take a few steps towards him and "float" the ball into his arms. This should be practiced until the quarter can judge the speed of the runner and the pass made perfect.

On a criss-cross, one of the most important things of the quarter is his foot-work. He should get out of the path of the runner, so that he will not interfere with his progress. This is very important indeed, as the ball has often been lost by the clumsy foot-work of the quarter-back.

Forward Passing

In forward passing, speed and accuracy are the main assets—speed to get back five yards and accuracy in judging the runner's speed and leading him the right distance with the ball. Many quarters grip the ball differently, but so long as they perform accurately, it is not good policy to change the grip. However, the arm should be back for the throw, as soon as the five yard mark behind the line of the scrimmage is reached. My best results have been obtained by gripping the lace with the fingers and having the hand "off center"—that is, gripping more towards the rear part of the ball. The ball is brought back and thrown just like a baseball. This gives a spiral motion around the major axis

and enables the quarter to send the ball swiftly and accurately almost any distance that it may be necessary to cover.

The quarter-back, after receiving the ball, must first, secure it so there is no fumble and second, must convey it to his own man in the best possible form. He must never pass the ball if he has fumbled it, unless he has a perfectly clear field in which to do it and even then it is risky. He should never take the slightest risk of losing it.

After letting the ball go on a forward pass, the quarter (or passer) should immediately "cover;" that is, go out to the flank to which the ball has been thrown so that he will be in position to make a tackle if it is intercepted. The passer should practice on this, and should train himself to go out each time. No matter whether the ball be caught, fumbled or intercepted, he is then ready to lend assistance; whereas, if he stands still after he passes, he is of no use to the rest of the play and disastrous results may arise.

Interference

When the play is a run, he can do excellent work in interfering—after he has made his pass perfect.

When the play is a kick, he can take any opponent who gets through, and thus aid the half in protecting the kicker.

In either case, if his own man fumbles he is close at hand to lend assistance in an emergency, which otherwise might prove disastrous.

When lining up, the quarter should, besides planning his attack dependent upon the distribution of the opponent's forces, notice that his back-field men are in position. A quarter should never call signals faster than his back-field can line up. He should always see that they are "set" and always fresh. Never run a back so that he is "all in." Keep close watch upon them and by changing their positions, the quarter can equalize their work.

Defense

As the game is now played, the quarter is generally the last man back in defense. In this position, he is set to intercept a long pass down the field, receive a punt, or make a tackle upon a runner who has sifted through. Also, in this position he can see the entire field laid out before him and can make any adjustments as he sees fit to meet the offensive drives down the field.

One of the most important duties he has to perform is the receiving and running back of kicks. The receiving of kicks—spirals with point up, spirals with point down, tumblers, and floaters—should be practiced daily. It is quite an art, and great stress should be laid upon it. The running back of kicks calls for calmness in catching the ball, then dash and fire up the field—that ability to suddenly concentrate all the bodily energy into an effort that must make way through anything.

In conclusion remember that the quarter-back upon a football team is

(Concluded on Page 9)

HOW TO PLAY END

BY

F. E. DENNIE

Mr. Dennie was chosen as an All-American End in 1907 when he was playing with Brown University. He played at Brown in 1905, 1906, 1907, and 1908. Since leaving college he has been a successful football coach. He was a member of the Eighty-ninth Division Football Team, which won the championship of the A. E. F. He is now Director of Athletics at the Rollo School of Mines.—EDITOR'S NOTE

To play the end position capably is the big job of the line. An end must block and handle the opposing tackle, over whom most of today's offense is aimed and who is usually one of the biggest and most aggressive men of the opponents. The end must also have the speed of a backfield man to enable him to get across the line to meet the play or to get well down the field to allow his teammate who is kicking to kick his maximum distance. He must be brainy, alert, quick thinking and all seeing to fathom the play of the opposition, often even before the execution is complete.

The most important qualities of a desirable or ideal end are the following:

- | | |
|--------------------------|-----------------------------------|
| 1. Aggressiveness | 4. Accuracy in tackling |
| 2. Ability to anticipate | 5. Speed |
| 3. Quick recovery | 6. Adeptness in handling the ball |

The man of a medium height, good weight and reach, as a rule is the most successful end. Naturally the above stated qualities are desirable for men in all positions, but they should be developed to a higher degree of perfection in an end.

Let us briefly consider these qualities:

AGGRESSIVENESS: The end is generally, on offense, fighting a heavier and more powerful man in the opposing tackle, therefore, he must out charge or out trick his opponent.

ABILITY TO ANTICIPATE: This is more often spoken of as the ability to diagnose the opponent's play. The end must not be drawn in by deceit. He is responsible for all ground from his tackle to the side line. He must be able in the short period from his charge across the line and in to meet the play, to study the play and to determine his actions from the slightest telltale motions, glances or movements of the opposing backfield.

QUICK RECOVERY. An end's job is not complete when the play is turned inside to the tackle. He must be off to follow it, being sure that he knows where the ball is located, and he should have the ability to change his direction and course of attack immediately, so quickly that his legs and feet seemingly act almost ahead of his brain.

ACCURACY IN TACKLING: The end has more tackles to make both in the open field and through quick openings than any man on the team. He should therefore be the fiercest and surest tackler.

SPEED: The end is called upon to accomplish results that require the speed of a backfield man. He carries the ball; he must get down the field on punts, in spite of the obstructions, and must get quickly into position to receive a pass.

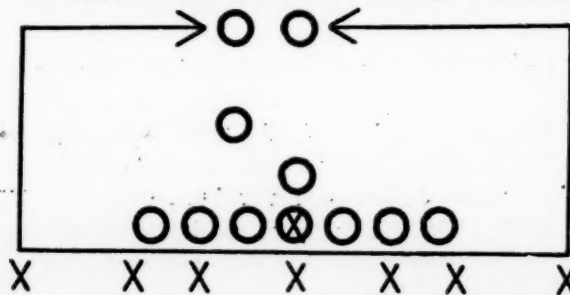
ADEPTNESS AT HANDLING THE BALL: All of these foregoing qualities are of little good if the end can not catch a pass or recover fumbles both in the open or in the mass.

Some of the most common faults of an end are: On offense he takes a still position on the line and this allows the opposing tackle to judge his distance and to figure where his hands will be, thus allowing him to give considerable of his attention to the backfield. By moving only slightly which does not in the least retard his charge, the end can make the tackle devote nearly all of his attention to him or he will miss his strike at a vital spot, thus allowing the end to reach his body. The end must be quick in starting, in order to gain the advantage that is his over the tackle by virtue of his knowing the point of attack.

Most of the time when the play is directed at the opposing tackle, the end is helped by his own tackle in disposing of the opposing tackle. The end expects this aid and often counts heavily on it, just when for some cause the tackle fails to give the help and the play is ruined. The coach should make the end get the idea that *he must handle and dispose of the opposing tackle alone and not count on aid too heavily.*

On defense, the end should be the last man to leave the sideline on the return of a ball from out of bounds, being sure no opponent is left behind. The result of this will be no shoe string plays on his side of the field. His position on the line should be facing straight down the field, just far enough out from the tackle so that the man on the end of the opposing line can not obstruct his charge. His charge across the line should be straight in and parallel to the side lines.

The charge is straight across the line to a depth equal to the deepest of the opponent's backfield, and then in straight at the interference. The exception to this is when the opponents are in punt or place kick formation. Then the end must be guided by the pass of the ball. He must make that first charge across and turn at top speed, then reduce speed so that he is balanced for an attack in any direction. He should not stop and wait for the play to come to him, but should go to meet it. A man standing still is



more easily put out of play by interference and is also in a poor position for quick recovery. He should also try to get into such a position that it is difficult if not impossible for more than one of the interference to strike him, then fight his way quickly through the man to the ball. The more quickly he gets in, the less time the oppo-

nents have to form or organize to meet him and the less speed or headway they have in their attack.

Down under punts: He should get down at top speed and by one glance be able to judge the fall of the kicked ball. He should not rely for this on the positions taken by the opponent's backfield, but keep in mind it is the BALL he is after.

Make the course so that the receiver of the ball is forced to run up the field, inside of the end, where most of his men are in the way of the man with the ball. He should not be driven out of his course, but should stick to it and run over the back who obstructs the path, rather than around him. If the opponent blocks, he will ordinarily block at the end's legs; if so the end should relax and let him take his feet from under him. If the body is well forward, as it should be, the end will land on his hands and his feet will follow and he will be off again with but very little loss of time, as he lands running. If he is driven from his course he fails to reach his objective. The end alone is responsible for any run made.

The training of an end should be along lines that will strengthen these qualities. All kinds of games, boxing, wrestling, grass drills, where the man must think quickly, move immediately, recover quickly and at the same time develop the arms, neck, shoulders and legs are good for him. For tackling he should practice on human beings, moving at varying speeds, and not rely on a dummy. To develop anticipation and quick recovery, scrimmage is invaluable. He should be given plenty of work meeting all sorts of plays and tricks. The coach should insist that the end goes in to meet the opponents. If the coach can at once get an end so that it is natural for him to go in to meet them, he will soon learn from mistakes, what speed to use, and when to go slowly after he makes his turn. The end should practice catching thrown and kicked balls until he handles a football as easily as a baseball player handles a baseball and judges the flight of one as well.

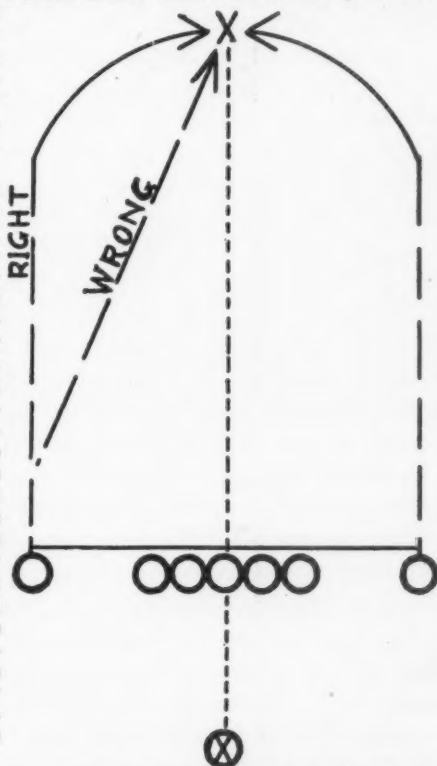


Diagram of path taken by end going down under punts

HOW TO PLAY QUARTER-BACK

(Continued from Page 6)

just the same as a General in battle. He has been coached that way. Therefore, do not advise him too much while in action. Remember he has been coached along his particular line and is doing all in his power alongside of you to make an opportunity to score. Whenever that opportunity comes, give everything you have when the quarter calls, no matter if it is to carry the ball, or to interfere. Keep the confidence there! The whole team is working together—if one man fails in the pinch, the whole team loses; if all work and every man is "doing his bit," the opportunity to score will not have been in vain and victory will indeed be sweet.

SOME METHODS OF TRAINING BACKS

BY

L. V. BORLESKE

Mr. Borleske, who is now Director of Athletics at Whitman College, Walla Walla, Washington, has been playing and coaching football for twelve years. He is a close student of football, is original, and can demonstrate every phase of the game. It was the Editor's privilege to see him play on an Army team composed of college stars and his work was always of the best. He is especially well qualified to write on the subject of back-field men.—EDITOR'S NOTE

In discussing this subject the "backs" will be treated as a whole and no attempt will be made to outline work for individual positions, as such. It is too vast a subject to attempt to do so in one short article. Even limited as I have made it, one must realize its great importance and almost unlimited possibilities. The little I can say in this article will be but a fraction of the total that might be said. The methods are almost legion, each coach having his own particular ideas of what is most important and in just what way to secure results. Also, these methods vary because of climatic conditions, facilities available and most often, because of the condition of the men themselves. However, there are many fundamentals we all must recognize and certain definite objectives we must always have in view. It is only these that I shall attempt to cover.

When the squad reports in the Fall, the coach must have certain definite objects in view. But he must also keep in mind while trying to attain these objectives some principles of human nature. He must plan his work so it will not be monotonous and irksome. Nothing takes the life out of practice so much as the continuation of formal work on dummies, starting, tackling, signals, etc. Consequently, variations must be used in the ways of teaching each phase. Strive to invent ways of teaching the fundamentals as nearly under the actual conditions as possible and whenever possible make a "game" of them. Have some form of competition in the practice, either man against man or the player striving to outdo his record of the night before.

Such exercises must also be given as will put the men in physical condition to play football. A man may be in perfect condition for baseball or a mile run and still not have the kind of wind necessary for football; neither will his body be prepared for the hard knocks of the game. Give such exercises as will accomplish both results. One need not look beyond the football field itself for such work. Besides, he will not only be conditioning the men; but also teaching them football at the same time.

The men must be drilled in fundamentals until the proper execution becomes automatic. The soldier is drilled hour after hour and day after day in the manual of arms and the various marching movements until these movements become so automatic that they can be executed per-

fectly and instantly even during the stress of battle. Just so must a football man be able to tackle or block. He must be able to do the fundamentals mechanically so his mind will be free to size up the situation and plan his next movements. A man who receives punts is never going to be able to return them very far if he must concentrate his mind on how to go about catching the ball. That must be mechanical so his mind will be free to map his course down the field.

Therefore, all the exercises must be planned with these things in view. Of course, at first the work must be very formal in order to teach the men correct form. They are still full of pep then and take readily



This picture, which was taken on the Michigan field in 1920, shows a back reversing his field. This shows the necessity of a man on defense watching the legs of a runner instead of his face.

to this kind of work. But just as soon as possible it is well to get away from the formal work into the combinations which become more real and, therefore, more interesting. Through them the men also acquire the football spirit without which no team is successful.

As soon as the men report they should be divided into squads, each squad in charge of a leader. In the larger institutions the captain and assistant coaches will be the instructors. In the smaller schools, however, these must be either volunteer players or else the older members of the squad itself. I consider some such arrangement very essential. A few years ago many coaches tried to handle everything alone, but the game has made immense strides during the last few years and one coach can no longer do it and hope to compete successfully. He has too many men and too little time. He must detail much of the work or else it is done without proper direction. The athletic clubs and the Y. M. C. As. through leaders have been able to handle large numbers and have done it very successfully for years. The same system is used in the Army. Certainly, when necessary, our older football men can easily be used to great advantage. It is surprising how much it improves their playing also. To teach the others they must be able to do the thing themselves and, above all, they must be able to think and explain why it is done.

If players are used as assistants as much as possible, they should instruct in several phases as they need the practice themselves. Of course, this is impossible in some lines, such as kicking. They should take their turn, thus helping the men not only with their advice, but also by their example.

Of course, a short period will be devoted every afternoon for kicking, passing, etc., for limbering up purposes. As soon as this is over the men should go to the work assigned to their squad. A careful program should be planned for each day and, if possible, posted so each man can go to his assigned work as soon as the whistle blows. Great care must be used in making up this program so that the more strenuous exercises are not too long. Sprinkle in the lighter ones here and there—those insuring plenty of breathing spells—but do not permit any idle moments. Utilize every minute in some way, but watch the men. Some need much more work than others. Especially during the first few days is this most necessary as the men report in various physical conditions. During this time the work is planned mainly to condition the men and to teach form in the rudiments. The exercises then given come under seven heads although the classification is not very distinct.

1. Receiving the ball from the center, starting, and advancing a short distance.
2. Blocking and tackling.
3. Throwing and catching forward passes.
4. Kicking and catching punts.
5. Handling the ball and recovering fumbles.
6. Tricks in open field running.
7. Conditioners.

The first class of exercises is very strenuous and should be used only for a very few minutes at a stretch at first. The fifth and sixth can easily be used during the breathing spells. While part of the men are working on the second class, the rest can be at work on the third or fourth, or both, if the squad is large enough.

I. Receiving the Ball from the Center, Starting, and Advancing a Short Distance

Men used—Center and three backs (one assistant).

Exercise—Backs line up in row four or five yards behind the center who passes the ball to each in turn. Advance ahead about ten yards.

Object—(a) Conditioner; (b) Correct position of backs; (c) Correct pass from center; (d) Correct manner of receiving the ball; (e) Correct start; (f) Correct charge up to and through the line; (g) Correct charge after passing the line.

Note: Make men fall on every fumble.

II. Blocking and Tackling

Men used—Squad for each dummy and assistant for each.

Tackling—(a) Only step or two from dummy emphasizing form and

drive; (b) Same as (a) except after short run.

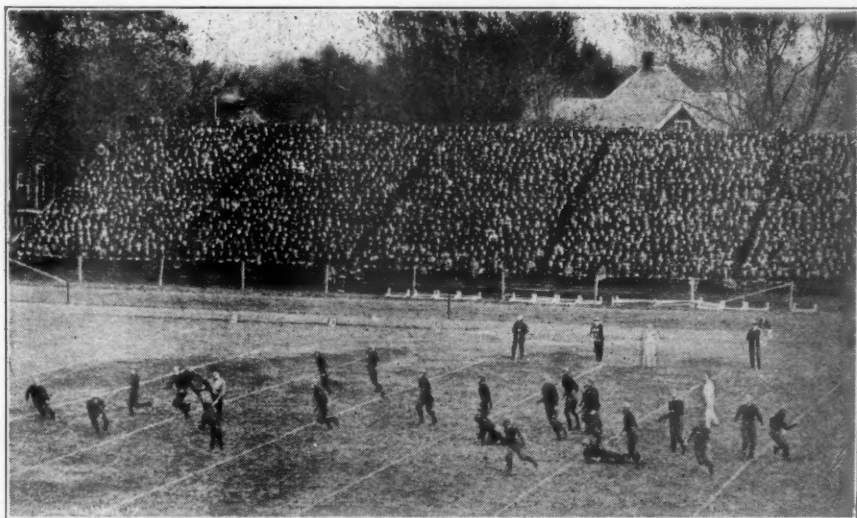
Both (a) and (b) made as if from front, from each side, and from rear.

Blocking—Same two exercises as in tackling.

As soon as the men get the form place them in two lines facing each other and about two yards apart. Men in the first line tackle (block) men opposite in line two. Practice making tackle (or block) from front, from each side, and from the rear.

Then repeat with the men in the second line becoming attackers.

Try the same thing with the line farther apart so a short run is necessary. As the men become more proficient, have the defensive men resist slightly with their hands and otherwise, but not until the offense gets the hang of the thing.



This picture shows an end receiving a forward pass high in the air while the runner is in full stride. Because of this latter fact in this game the receiver was able to elude the tacklers and score a touchdown.

This has always proved very interesting and effective. The men get the actual feel of the game which no amount of dummy work will give, and they get the drive necessary to put men on the ground.

III. Throwing and Catching Forward Passes

Men used.—Center, one or two passers, and plenty of men to run down and catch the passes. Otherwise, it becomes very strenuous. Best to use ends also; assistants for passers and receivers.

(a) *Passers*.—Have men take positions they will assume later. Pass from different formations: from stationary positions and on the run. Try both long and short passes.

If the pass goes wrong, it is usually the fault of the passer. Have him keep his percentage every night and try to improve it each night.

(b) *Receivers*—Start from positions they will later play and go to the place where you want them to get the ball. This is very important as the character of the pass often depends upon the man's ability to get there and receive it. Also, the man receives the ball in a different manner in different positions. There must be most perfect co-ordination between the passer and the receiver to work passes consistently and this requires constant practice.

Note—Have the men scoop up all incomplete passes. After the first few days use on every pass all the men you expect to use later to receive passes. The men learn where to go and how long it takes them to get there. It is just as important that the passer learns to pick out the men.

IV. Kicking and Catching Punts

Men used—Several centers and assistants; kickers and others.

Kick-off—Short distance at first, emphasizing form.

Place and drop-kicking—Drill on form, short distances at first. Practice from all angles. Use centers to pass the ball back. Use two or more kickers together to compete and also help each other. Keep record each night and post.

Kicking and receiving punts—Have kickers try for form first, but at the same time use others to catch punts. Receivers should work in sets of two, one to catch the ball and the other to cover up and run interference. Use several sets of receivers; otherwise, the work is very strenuous.

Note—Make men fall on or scoop up all fumbles.

V. Handling the Ball and Recovering Fumbles

Men used—Men in each squad in circle formation; assistants for each squad.

Handling the ball—Old exercise of passing the ball from one man to another. Emphasize speed and correct position. As a variation, see how long it takes to get the ball around the circle six or ten times. Also number the men and use two balls. See whether "evens" or "odds" can get the ball around the circle ten or twelve times first.

Falling on the ball—The ball is placed on the ground, each man in turn falling on it. Practice falling on each side. Later have the man who has just fallen on the ball roll it along the ground and then the next man fall on it while it is still rolling. Roll the ball toward the next man, away from him, and on each side.

As a variation, put about three men on a line with a ball about two and one-half or three yards ahead of each man. The men will assume the starting position and at a signal each dives for his ball. Call out the winner. Also have the men roll over and get up in the same exercise. This is a fine exercise to develop the drive in the legs.

Later in the season, if the men fall on every fumble and scoop up every incomplete pass, it usually proves sufficient.

Scooping up the ball—The same exercises are used as in falling on the ball, only in this exercise the ball is scooped up instead.

VI. *Tricks in Open Field Running.*

Men used—Squad of men and assistants, each man carrying the ball.

Apparatus used—Row of padded posts four feet high placed in the ground about three or four yards apart. In case posts are not available, men can be used just as well, except it means idle men, which should always be avoided.

The men line up in front of the posts. At a given signal they charge at the post, side stepping just before reaching it, and then passing on. The same is done in returning. Repeat, using pivot instead of side step; also try stiff arm.

Line up men one behind the other with the posts in like formation ahead. Start off men one at a time and have them weave in and out between the posts. Try a change of pace. At first, put all the men through everything, but later have each one specialize on the one best adapted to him.

VI. *Tricks in Open Field Running*

Men used—A squad or more at a time.

These consist of short sprints or relay games. If the work in the first, third, and fourth classifications has been strenuous, this can be used as a finisher. Always make something competitive out of it; for instance, run each squad, say, thirty or forty yards, then take the men finishing first and race them; the second men next, and so on. Once in a while run the whole lot half the length of the field. If possible, have each man carry a ball.

All these exercises soon become tiresome to the men if used continually, so as soon as possible they should be varied. Here the really interesting work begins. The various combinations should be as nearly like actual conditions as possible. Many of them are really little games taken from the more complex game itself. Often they are quite apart although many of the fundamentals are used. Personally, I use five exercises, three of the former classes and two of the latter. Each, with its purpose, is described below.

1. *Pull Away*—Divide the backs into two groups. Place one group on the goal line with the men about five yards apart facing down the field. Put a second group on the twenty or twenty-five yard line, facing the first group. The men cover off. Each man in the first group has a ball. At a given signal the men in the first group dash for the center of the field. The men in the second group opposite these men try to tackle them and throw them to the ground before they reach the center of the field. Every man brought down joins the tacklers. Those not downed return down the field. This continues until all are downed. Groups one

(Continued on Page 18)

The ATHLETIC JOURNAL

PUBLISHED BY

THE ATHLETIC JOURNAL PUBLISHING CO.

JOHN L. GRIFFITH, Editor

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A COACHING MAGAZINE

THE American Medical Journal is the physicians' trade journal. It keeps the members of the medical fraternity informed regarding discoveries and advances in their profession. Nearly all tradesmen and professional men have available magazines devoted to the interests of their respective trades and professions. The coaching profession is comparatively new and, until THE ATHLETIC JOURNAL was launched, had no professional publication devoted primarily to the interests of the athletic coaches of the nation.

After consulting with many of the leading coaches, and after receiving promises of assistance from almost every man approached, the Editor of THE ATHLETIC JOURNAL determined to undertake the publication of a magazine that would be written for coaches and players primarily; a magazine that would be composed very largely of articles on the technique of athletics; and further, one that would feature almost exclusively school and college sports. It is to be expected and hoped that, with the great interest which now exists in all forms of athletics, others than coaches and contestants will be interested in the contents of this publication. However, the articles will be written by coaches for coaches and athletes.

The time was when a college coach carefully guarded his knowledge of the game that he coached, but after the war, when the need of trained men who are qualified to instruct in the various physical training activities became apparent, this attitude underwent a marked change, and to day the majority of the best coaches of the country are willing to pass on their knowledge of athletics to others.

THE ATHLETIC JOURNAL pledges itself to these aims:

1. To do everything possible to extend the good results of physical education to greater numbers of participants so that the physical effectiveness of the young men of this nation may be furthered, not only for times of war, but also for times of peace.
2. To disseminate knowledge in so far as possible to that great staff of fellow coaches who are training an army of young athletes which is even more numerous than that magnificent army so recently demobilized.
3. To uphold the best principles of fair play and good sportsmanship.
4. To be constructive and not destructive.

With these aims in mind, the Editor invites the cooperation of every coach throughout the nation. You men who are interested in the best in athletics are urged to make *THE ATHLETIC JOURNAL* your Journal. You have been helped by the knowledge of others; pass your knowledge on to some co-worker.

If you have a problem in athletics, write us about it, and if we can help you through the columns of *THE ATHLETIC JOURNAL*, we will do so. If there is some question about a rule, let us answer it in our *QUESTIONS AND ANSWERS* column. In short we invite you men in the coaching profession to make use of the Journal in every way possible.

THE PRELIMINARY FOOTBALL SEASON

THE first month's training given a football team should very largely determine the character of the team's play in November when the championship games come on. The time for developing a football team in the Fall is not long enough to permit a coach to do all that he may desire to do with his material; consequently, a wise coach will make careful use of the time which he has.

In the early days of training, the greatest part of the time should be devoted to the practice of fundamentals. A shot-putter will spend years in learning how to put the shot; a basket shooter is seldom satisfied with his technique in throwing baskets, even though he may have practiced for six or seven years; but some coaches expect a football player to be able to charge, block, tackle, run interference, catch punts, hit the line, kick, and do a score of more things required by the modern game of football with very little practice of these necessary rudiments. The public generally has the mistaken idea that a good coach wins because he has a baffling offense, but the player and coach both know, that the execution counts far more than the play. Very few men can hope to excel in all departments of football, but the right amount of training in the rudiments will make a good team out of a poor one.

It does not pay to spend too much time in experimenting with new and fancy plays. Very often a coach will return from his vacation enthusiastic about some new methods of attack, and so he starts practicing on his new formations. He will use them in his early games, but almost every time when the November games come on he will be back again using the plays which in other years have been successful. This means that a great deal of time has been wasted on plays which are discarded. True it is that progress is brought about in football by men who conceive of innovations and find them correct, but, on the other hand, very few new things are developed each year and, unless a coach is more interested in research than he is in winning games, he will do well to stick rather closely to the tried and proven methods.

SOME METHODS OF TRAINING BACKS

(Continued from Page 15)

and two now change places. This play can also be used with men blocking instead of tackling.

It can be varied by making the squads smaller and having one squad remain as tacklers while all the others go through once, keeping score of the men downed in each squad.

The pull away exercise is a wonderful conditioner and cannot be beaten as an exercise in tackling or blocking and open-field running. This brings out the good tacklers and open-field runners at once. A coach may think he knows how well his men can tackle, but this exercise generally proves to be an eye-opener.

2. *Under the Rope*—The backs are divided into sets of threes. Two posts are placed in the ground about five yards apart. A rope is stretched tightly between them slightly above the height at which the backs are to charge. Place three centers under the rope with a back about five yards behind each. At the signal, the ball is snapped and all charge. The centers go about two yards and slow up. The backs charge fiercely to be the first under the rope. When the centers are reached they dodge, pivot around, or stiff-arm them. The centers do not tackle the backs.

This exercise also is a fine conditioner. It develops a powerful charge and correct form, as well as an uncanny ability to get past men backing up the line.

3. *Kicking and Catching Punts*—Here a center and two kickers are used, as well as three or four pairs of receivers, one to cover the other and run interference, and four backs, working two at a time, blocking the men coming down under the punts. One man is placed on each side of the center, coming down on each kick. The ends and tackles are used and any other men who are sent down in a game. Instructors are used for kickers, the men going down under the kicks for defensive backs and receivers.

Keep records of lengths of kicks, fumbles made and recovered, men making tackles, blocks, and so on. Post a bulletin board with notes of these records.

This exercise is an excellent conditioner. It is also an exceedingly good way to drill in every fundamental of the punting game without wasting time and still not killing off the men.

4. *Throwing and Catching Passes*—Use a center and two passers. Have the men pass from the formation used in actual playing. Have about three sets of additional backs, numbered in each set, depending upon the number used to go down in the play. If the ends go down, use them also. Make every man start from his right position. Use four other backs in regular defensive position. Assistants are used for defense, receivers, and passers. Have the defense break up the passes

and tackle the men receiving them. Keep a record of the passes working and the combination used.

This is a good conditioner and is excellent for drill in every phase of forward passing.

5. *Off-tackle and End Runs*—The backs are placed in regular positions; the center and the ends are on the offense, the tackles and ends on the defense. The three defensive backs are behind the line.

Run regular plays off-tackle and around the end with a few passes to keep the defense playing their positions.

This, also, is a good conditioner. The fundamentals of these plays are drilled in. The backs know that if a play does not work, it is because they did not make it work.

They cannot place the blame on any one else.

In all these exercises five objectives have always been in view—

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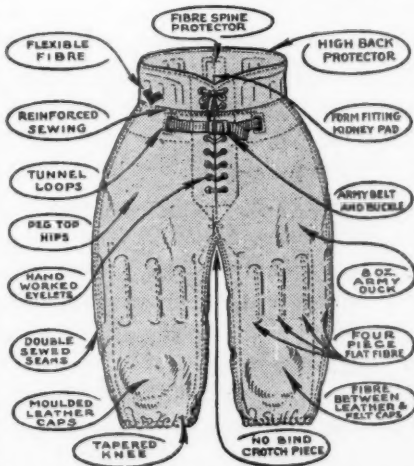
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JOHN VAN LIEW

(a) development of the kind of wind used in football; (b) hardening the body to withstand the hard knocks of the game; (c) filling the men with the spirit of the game; (d) teaching the fundamentals, and (e) giving the fundamentals in such form they fit into the plays without any readjustments. If the line has gone through the same kind of training, very little time will have to be used in scrimmage and most of it can now be used to get the finish to the plays.

HOW TO PLAY CENTER

BY

A. G. SCHULZ

Mr. Schulz played football on the Fort Wayne High School team for four years and the following four years at the University of Michigan. He was captain of the Michigan team in 1908. As a player he was chosen as a member of the All-Western team for three years, was picked for the All-American and later for the All Time All-American team. He has coached at Wisconsin, Michigan, and Kansas State Agricultural College. At present he is Athletic Director at Tulane University.—EDITOR'S NOTE

Just suppose you received a letter from the Coach asking you to prepare yourself for the position of center on your team. How would you go about it so as to be a real asset to the team? First of all you must realize that the center position is the key-stone of the modern defense and offense, and that you have been asked to play the most important and difficult position on the team. You want to realize that all the early training that you do, and the spirit with which you enter into this training will be a real asset to you when the first whistle blows. Just picture to yourself a position on the team where your ten team mates, and thousands of spectators, are asking you to put the ball in play without a mishap. I believe then you will begin to realize the importance of this position, and the effort you should make to be in the best possible condition. I would like to suggest to you for early training that you must get into the best possible physical condition, even before entering upon the early football training. You have too many other duties to perform that will take up your time after the training season begins.

We cannot lay down a set law in regard to the position the center should assume whereby he will be the strongest. Every man must maneuver around until he finds the position where the opponent cannot handle him with ease. My advice to beginners is that they assume the starting position of a sprinter, and then spread their feet about six or eight inches farther apart. Assuming that the sprinter's start is the fastest in the world, this will give the center a good chance to get away fast.

In passing a ball, the center must have this motto before him at all times,

“Not too high, and not too low,
Not too fast, and not too slow—
But just right.”

With this motto before him, he should grasp every opportunity to pass the

ball to all his kickers and to his quarter-back. He should make these men a part of himself. In holding the ball, the center should grasp the ball in both hands in such a way that the thumbs and fingers line up, and the thumbs should always be on the lacing. If the center does not do this, the ball will not go straight back to the receiver. He should practice passing every day, and as long as possible. In other words, he cannot pass the ball too much. In the end-over-end pass, should he care to use this kind of a pass, he should practice to throw the ball in such a way that the ball will make two revolutions and land with the lace up, and in this way assist the kickers. This can be done by constant practice.

Should the center care to use the spiral pass, he must place one hand on the bottom of the ball and the other on top, then carry the ball in this position well through his legs, and at the finish the ball is given the spiral twist by pulling the bottom hand up.

When playing the center position on offense, the center by all means should get into the strongest possible position and then forget the man who is opposite him, and should concentrate upon the ball and the man who is to receive it. The center is expected to start the ball back right and he should see that he does it for everything depends upon a proper snap back of the ball. On all direct passes from standard formation he should use what is called the lob pass, and should not try to put the ball back with as much speed as possible, but by an easy pass. He will eliminate fumbles in doing this. On all long passes he should not endeavor to charge his opponent, but should watch the ball until it is kicked, and then go down under the play.

When a coach plays a loose center on defense in the modern game, he requires the center to perform an important duty, and that is to back up the line. The center is in a better position to watch the progress of the ball than any other player, and he should at no time be fooled by any trick play or criss-cross. Should the center play his position four yards back of the defensive line, he need not worry about the opposing center on any plays inside of ends, for he cannot get to the center on defense. The center should concentrate upon the ball and the man who received it, and then make up his mind to get the opposing center. If the center plays the position up on the line, he should be careful not to become what we call a one-way man; that is, he should not attack the opponent the same way each time. In other words, he should attack him differently each time and keep him guessing. The one-way man is easily stopped. The center should use his hands on the opponent at all times. If he is asked to cover a man on forward passes, he can do this just as easily as any of the defensive backs by picking his man and staying with him.

With all this in mind, a center cannot sit still and wait for the whistle to blow, but he should get in shape, for his position calls for a man who is very active and one who is able to handle his hands and feet well, and he must be able to use his eyes and head that he can diagnose plays quickly.

RUDIMENTS OF THE TACKLE POSITION

BY

W. H. COWELL

Mr. Cowell, who is now Director of Athletics and football coach at New Hampshire State College, has had wide training and experience as a line man. He played first at the University of Kansas, later studied football under Robert Zuppke at the University of Illinois, and later under Glen Warner at Pittsburgh.

—EDITOR'S NOTE

The playing of tackle on the present day football team is one of the hardest positions on the team. As the position is used as the pivotal part of the line for offense and defense, a tackle must possess various qualifications, namely, strong legs, good use of his hands, and speed. With the forward-pass game increasing so in importance, the tackle's responsibility proportionately increases.

On offense, the tackle has to share with the end the burden of opening holes. The principal short line plunges usually are called just outside him. He must open for his back-field. He must help with clean-out work when the play is called for the opposite side of the line. He must thoroughly know all signals for all plays and must at all times be figuring what he is going to do. **THE GOLDEN RULE OF HIS POSITION IS, "NEVER ALLOW AN OPPONENT TO GET THROUGH THE LINE BETWEEN HIMSELF AND HIS GUARD, ESPECIALLY ON PASSES, KICKS, AND INSIDE PLAYS."**

On defense, the tackle has to show his worth. He should never be off his feet or down on the ground. He must never stand stationary. He should be cautious regarding his overcharging. The proper place for a good tackle to be is a step and a half into the opponent's territory as he must break the interference or hurry passes. The question regarding this is governed by his experience and speed. He should be down on all kicks and should average well with the end on his tackles. The average back-field man is not looking for the tackle; the end is his worry. So, consequently, if he is working hard and down the field, he is musing up all the opponent's plans and at the same time disconcerting him. The tackle should never rise to a standing position during defense play unless it be when he is trying to block a punt or pass. At all other times he must be in a position to tackle, clean out of interference, or move into the proper position to do this. **THE GOLDEN RULE OF THE TACKLE'S DEFENSE IS, "NEVER UNDER ANY CONDITIONS LOSE SIGHT OF THE BALL."**

The tackle will take the most punishment of all the players if he is doing his work rightly. Most plays of the opponents meet him moving. Consequently, it is necessary for him to keep in the best of condition. He should strap each ankle with a piece of light-weight canvas bandage nine feet long and two inches wide, as he depends upon his ankles to move him around quickly. A sprained ankle is useless to a tackle. A

tackle can play with minor injuries above the waist, but is of no use with bad legs. He must be moving into every play; always straight ahead, trying to run all plays into the center of the line. The tackle should keep in mind that he is playing tackle and not end, guard, or back-field, and that it is a man's job to attend to one position. He should not worry about the players on either side of him; they will take care of their own positions. Many good tacklers are ruined by thinking that they have to play the whole side of the line. *Never under any condition should he leave his position and go back behind his own line unless, of course, the signals call for it.*

Football men who are aggressive, quick-witted, and ambitious like the

tackle position because there they always find plenty of action. A slow moving, lazy man should never be used anywhere in the line but especially is this true of the tackle position which requires a fighter: a man who can be depended upon to carry the fight into the other side's territory.



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HOW TO PLAY GUARD

BY

C. J. ROTHGEB

Mr. Rothgeb played for four years on the University of Illinois line, and was chosen on the All-Western team for two years. He was picked for the second All-American team by Walter Camp and was chosen by some other critics for the All-American. He has coached Colorado Agricultural College and Colorado College, and is now line coach at Texas Agricultural and Mechanical University.

—EDITOR'S NOTE

A great number of football coaches and critics alike, usually concede that the position of guard is one of minor importance, but I cannot conceive why this should be true, as I firmly believe that a guard is just as valuable to the football machine as any other player, and great care should be exercised in selecting such players.

General Qualifications

Weight alone is not the essential factor, but speed and ability to think and act quickly are the chief requisites. A strong, aggressive guard is the ideal one, and, very true, a combination of these assets with weight will give the very highest type of guard. A good, fast, aggressive guard, who can think and act quickly, is preferable to a slow-thinking, slow-moving, two-hundred-pounder. Shiftiness and ability to take advantage of the opponents' mistakes must be considered, and a wise player possessing these qualifications is in a class by himself. A guard should know the value of using his feet as well as his hands, as football is played while on the feet and not on the belly. He should know how to start, how to block, and how to get in the interference in a way that will be a help to the team-play. I have seen many players trying hard to make interference, when, in fact, after the play has failed we find that some offensive guard, perhaps, really helped stop the play more than the opponents. Do not forget that speed and the ability to execute this speed are necessary in an ideal guard.

Offense

The work of a guard on offense consists of making openings, being able to get into the interference, and knowing how and when to block the opponents. In making openings, if it be a quick plunge, the guard should charge immediately with the ball or charging signal, and try to get his opponent out of the play, using the straight shoulder charge. If play is delayed, the guard should time the play and deceive the opponent if possible, charging the opponent at the opportune time. He should also know how to block in the open field, and should never assume that all that he has to do is to play one man. The guard must co-operate with his team mates on either side. He should soon learn the strength of his opponent, and the style of play used in order to take advantage of him at any time. In getting into the interference, he should know how to get out of the line, how to get there quickly and smoothly, and then know how to keep opponents out of the play. He should be as desirous of advancing the ball as the team mate who has possession of the ball. I

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The October Number

will contain, among other articles, the following:

MENTAL QUALIFICATIONS OF AN ATHLETE—

Andrew L. Smith, Football Coach, University of California

LINE ATTACK—

Frank J. O'Neill, Football Coach, Columbia University

STRATEGY MAP—

K. K. Rockne, Football Coach, University of Notre Dame

CUP DEFENSE—

Geo. "Potsy" Clark, Football Coach, University of Kansas

BOXING FOR BEGINNERS—

George Blake, Boxing Instructor, Los Angeles Athletic Club

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THE ATHLETIC JOURNAL

Champaign, Illinois

believe that the best position for the guard to assume is to have his feet on diagonally opposite corners of a rectangle, right guard with right foot forward and vice versa. He should be at right angles with the line of scrimmage, facing straight ahead, with opposite hand from the front foot practically on the line of scrimmage on the ground, with head up, back straight, with shoulders the highest part of the body, and in a comfortable position to move in any direction quickly. His feet should not be too far apart or too close together, but in just a natural position for the player to feel capable of delivering his ability in the most valuable way. Some coaches have the guard take his position with too much weight on his hands, and his feet too far back. The front foot should be close to the scrimmage line with weight equally divided. He should stand so that the center of gravity will be where it should be, and should always give himself the equilibrium necessary to get the best results. The guard should line up immediately with the center and keep his eyes on the ball; especially so if a starting signal is not used. A guard without a starting signal usually finds himself out-charged if he fails to watch the ball. He should know when to charge and should not charge blindly. Sometimes the guard has time to charge and catch his opponent unexpectedly. He should not learn to do just one thing well, but should learn to do many things successfully. He is at a great disadvantage if he only knows how to use the shoulder charge. Some coaches have the guard lock legs with the center, but I like to see both players have the best opportunity to handle themselves correctly, and when the legs are locked some one is always taking the joy out of life by interfering. The guard, however, should not play so far from the center as to leave a large opening; it would be better to have the legs locked. A guard should always block when his team mate is kicking and should never let an opponent through on the inside. Just as soon as the ball is kicked he should go down the field toward the opponent receiving the ball. It is surprising how many times a guard has an opportunity of stopping the return of the ball.

Defense

A guard must know that he is the most valuable man on the defense for all plays going inside ends. He should take his position with feet comfortably apart, with hands where he can use them effectively. He should not allow his elbows to crook when charging opponent. He should not stand erect, but in position with body slightly crouched and weight mostly on the balls of the feet, as he can thus move much easier and quicker. Note position of opponents, but do not forget to watch the ball, as this is the way to charge. A guard should charge fiercely, straight ahead, having hands ready for action. A good man can usually keep his opponent from blocking him out of the play if he is quick with his hands. Sometimes a guard may stop opponents' play by charging them back into their own play. A guard should always try to get to the man

with the ball as quickly as possible. He can often break up the forward pass in this manner, and he will always find himself helping stop the running plays inside of ends, sometimes outside also. He should never go behind his line of scrimmage to stop the opponents. He should always keep his eyes on the ball so as to take care of delayed and trick plays. By all means, he must be aggressive. A yard and a half to two yards outside of center, if the center plays in the line, and about three or four yards from the other guard if the center plays back of the line, should be the relative positions to take on the defense. He must put the fight in the opponents' territory, by outcharging opponents. He should not hesitate but should always try to be in a position to handle himself instantly and effectively. He should break through on kicks unless he is to help make an opening for a back to go through. He should not slow down in going through to break up kicks, but should charge fiercely, using hands all the time so as to do lots of damage.

I have given an idea of the qualifications of a guard and in order to reach the highest efficiency, you should know that conditioning is above all the chief requisite. A man with ability, but without condition, is not so good as a mediocre man who is physically able to stand the gruelling attacks. A guard cannot loaf and do his work. Many athletes could accomplish much more, if they were physically fit.

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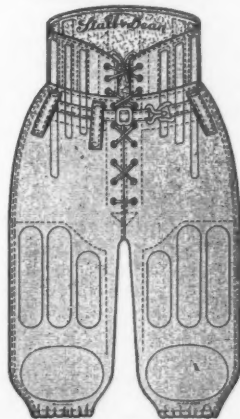
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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION TRACK AND FIELD MEET

The first annual meet of the National Collegiate Athletic Association, which was held on Stagg Field, June eighteenth, was an unqualified success. The number of institutions participating was greater than expected, the class of the performances was good, and the financial outcome of the Meet was all that could be hoped for. In fact, there can be no question but that there is a demand for a National Meet to which the winners of the Conference and Sectional meets may come to decide each year the National College Track and Field Championships of the United States.

The University of Illinois has the distinction and honor of winning the first meet. Harry Gill's well-balanced team won first with 20- $\frac{1}{4}$ points. The result of the meet follows:

Illinois	20 $\frac{1}{4}$	Pittsburgh	5
Notre Dame	16 $\frac{3}{4}$	Stanford	5
Iowa	14	Minnesota	4
University of Washington	12 $\frac{1}{4}$	Oregon	3
Wisconsin	10	Yale	2 $\frac{3}{4}$
Nebraska	8	Georgia Tech	2 $\frac{3}{4}$
Grinnell	7	Washington State	2 $\frac{3}{4}$
Ohio State	6	Knox	2 $\frac{1}{2}$
Northwestern	6	Baylor	2
Iowa State (Ames)	5 $\frac{1}{2}$	Kalamazoo	2
Chicago	5	University of South	1 $\frac{1}{2}$
Kansas Agricultural College	5	Texas A and M	1
Dartmouth	5	St. Olaf's	1
Michigan	5	Rice Institute	1
Penn State	5	Ohio Wesleyan	$\frac{1}{2}$
Pennsylvania	5		

WINNERS OF EVENTS

120 yds. high hurdles—Thomson (Dartmouth) first; Crawford (Iowa) second; Anderson (Minnesota) third; Wynn (Notre Dame) fourth; Coughlan (Univ. of South) fifth. Time 14 $\frac{2}{5}$ sec.

100 yds. dash—Paulu (Grinnell) first; Hayes (Notre Dame) second; Smith (Nebraska) third; Wilson (Iowa) fourth; Hurley (Washington) fifth. Time 10 sec.

1 mile—Watson (Kans. State Agr.) first; McGinnis, (Illinois) second, Sweitzer (Minnesota) third; Ferguson (Ohio State) fourth; Graham (Iowa State) fifth. Time 4:23 $\frac{3}{4}$.

440 yds.—Shea (Pittsburgh) first; Butler (Michigan) second; Donohoe (Illinois) third; Pratt (Washington) fourth; Johnson (Wisconsin) fifth. Time, 49 sec.

220 yds.—Wilson (Iowa) first; Smith (Nebraska) second; Paulu (Grinnell) third; Hayes (Notre Dame) fourth; King (Ohio Wesleyan) fifth. Time 22 $\frac{3}{4}$ sec.

220 yds. low hurdles—Desch (Notre

Dame) first; Knollin (Wisconsin) second; Frazier (Baylor) third; Wallace (Illinois) fourth; Wynn (Notre Dame) fifth. Time 24 $\frac{4}{5}$ sec.

Half mile—Eby (Pennsylvania) first; Higgins (Iowa State) second; Nash (Wisconsin) third; Yates (Illinois) fourth; Donohoe (Illinois) fifth. Time, 1:57 $\frac{2}{5}$.

Two mile—Romig (Penn State) first; Wharton (Illinois) second; Rathbun (Iowa State) third; Canton (St. Olaf's) fourth; Finkle (Wisconsin) fifth. Time, 9:31.

Pole Vault—Whelchel (Georgia Tech), Jenne (Washington State), Wilder (Wisconsin), and Gardner (Yale) tied for first; Hogan (Notre Dame) and Merrick (Wisconsin) tied for fifth. Height, 12 ft.

Shot Put—Pope (Washington) first; Dale (Nebraska) second; Weiss (Illinois) third; Lindsey (Rice Institute) fourth; Shaw (Notre Dame) fifth. Distance, 45 ft. 4 $\frac{1}{2}$ in.

Running high jump—Murphy (Notre

Dame) first; Alberts (Illinois) second; Hoffman (Iowa) third; Frankland (Washington) and Osborne (Illinois) tied for fourth. Height, 6 ft. 3 in.

Running broad jump—Stinchcomb (Ohio State) first; Sward (Knox) and Osborne (Illinois) tied for second; Sundt (Wisconsin) fourth; Alberts (Illinois) fifth. Distance 23 ft. 3 $\frac{3}{4}$ in.

Discus throw—Pope (Washington) first; Blackwood (Northwestern) second; Praeger (Kalamazoo) third; Slater (Iowa) fourth; Weiss (Illinois) fifth. Distance, 142 ft. 2 $\frac{1}{4}$ in.

Javelin—Hanner (Stanford) first; Tuck (Oregon) second; Hoffman (Michigan) third; Mahan (Texas A and M) fourth; Oberst (Notre Dame) fifth. Distance, 191 ft. 2 $\frac{1}{4}$ in.

Hammer throw—Redmon (Chicago) first; Blackwood (Northwestern) second; Slater (Iowa) third; Skidmore

(University of South) fourth; Hill (Illinois) fifth. Distance 133 ft. 9 $\frac{3}{4}$ in.

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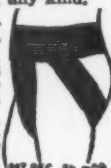
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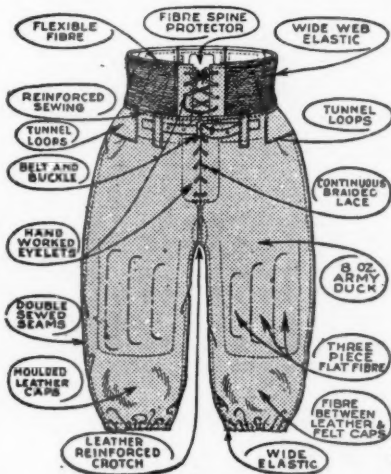
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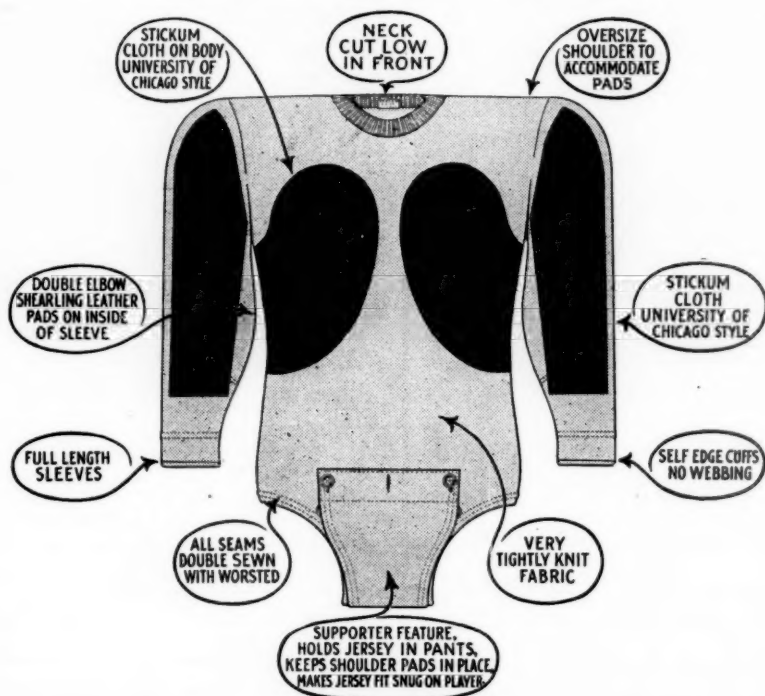
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